

AWSS RESERVES THE RIGHT TO
MAKE SUBSTITUTES WITHOUT
NOTICE
MENUS WITH MORE THAN
2300 MG OF SODIUM FOR THE DAY
(CONDIMENT NOT INCLUDED)
1% MILK OFFERED AT EACH MEAL



Home Delivered Menu

CHRIS HERNANDEZ, RDN
CONTRIBUTION: \$9.00
AGE WELL IS A NONPROFIT
ORGANIZATION. YOUR CONTRIBUTIONS
ARE APPRECIATED AND YOUR SUPPORT
PROVIDES MEALS TO OUR COMMUNITY
*ALL HAM PRODUCTS ARE PROCESSED
FROM TURKEY **PORK = PORK

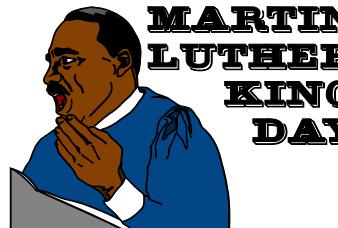
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2025		1	2	3
SPAGHETTI & MEATBALLS SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE CHICKEN CHOW MEIN OVER BROWN RICE PEAS CORN MIXED FRUIT 6	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN & ZUCCHINI FRESH BANANA 7	CHICKEN FRIED STEAK AND COUNTRY GRAVY CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE BEEF STROGANOFF OVER EGG NOODLES CARROTS & PEAS PINEAPPLE CHUNKS 8	ROAST BEEF & GRAVY HASH BROWN POTATOES SPINACH WHEAT ROLL/MARGARINE CINNAMON GRANOLA PEACHES SWEET & SOUR CHICKEN OVER BROWN RICE ORIENTAL BLEND VEG. & PEAS APPLE JUICE 2	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE 3
PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE OVER ROTINI SPINACH & MIXED VEGETABLES APPLESAUCE 13	BEEF STEAK & ONION GRAVY MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES & PEAS WHEAT BREAD/MARGARINE PEACHES 14	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE 15	TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE 9	SALISBURY STEAK & GRAVY BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES TERIYAKI CHICKEN OVER BROWN RICE CREAMED CORN & BROCCOLI FRESH ORANGE 10
 20	SWISS STEAK AND GRAVY BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA CHICKEN FETTUCCINI PEAS CARROTS PEARS 21	GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES 22	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE 16	MEATLOAF W/TOMATO SAUCE SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS CHILI OVER BROWN RICE PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA 17
BEEF STEAK W/ ONION GRAVY HASH BROWN POTATOES BRUSSELS SPROUTS WHEAT ROLL/MARGARINE GRAHAM CRACKERS FRESH APPLE CHICKEN RANCHERO SPANISH RICE AND PINTO BEANS MIXED VEGETABLES PEARS 27	SANTA FE CHICKEN OVER BROWN RICE BROCCOLI STEWED TOMATOES CINNAMON APPLESauce BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA 28	BBQ BEEF BAKED BEANS HASH BROWN POTATOES WHEAT BREAD/MARGARINE WHEAT CRACKERS MIXED FRUIT CHICKEN IN GRAVY OVER RICE BROCCOLI & SWEET POTATOES WHEAT ROLL/MARGARINE FRESH ORANGE 29	ROTINI IN A MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH FRESH BANANA POUND CAKE MUSHROOM CHICKEN OVER BROWN RICE BROCCOLI AND CAULIFLOWER WHEAT BREAD/MARGARINE PEACHES 30	SPAGHETTI & MEATBALLS SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS CHICKEN WITH FAJITA VEGETABLES BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS 24
				CHICKEN FETTUCCINI IN ALFREDO SAUCE LIMA BEANS HARVARD BEETS PEARS CHILI PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRUIT 31

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Depart. of Agriculture.

Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

Home Delivered Breakfast

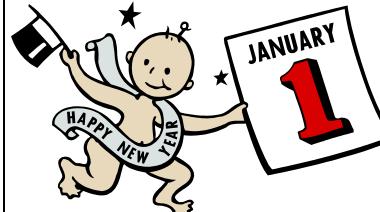
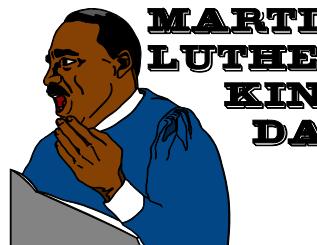
MONDAY

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FRIDAY

January 2025			FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK
SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK
6	7	8	9	10
OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK	BRAN FLAKES ORANGE JUICE LOW FAT MILK	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK
13	14	15	16	17
	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK
20	21	22	23	24
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK	CHEERIOS APPLE JUICE LOW FAT MILK	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK
27	28	29	30	31